



MOUNT CARMEL  
Healthy Living Center

## **FREE WELLNESS ACTIVITIES**

May – June 2018

The **Healthy Living Center** at Mount Carmel West offers free programs and services aimed at preventing and managing chronic medical conditions, encouraging healthy habits and promoting wellness.

**Located at:** 777 W. State Street, Building 2, Columbus, Ohio 43222

### **Free Cooking Demo + Lunch**

These cooking demonstrations, presented by Mount Carmel Chefs and a registered dietitian, will focus on teaching techniques to prepare a healthy meal for your household.

Contact 614-234-4660 to register.

**Mount Carmel Healthy Living Center, Room 126**

**Tuesday, June 5<sup>th</sup>, 11:00am – 12:30pm**

### **Weight Management**

In partnership with Lower Lights Christian Health Center, this class meets monthly to help you improve your eating habits and lose weight. This class is led by a Registered Dietitian.

Contact 614-234-4660 to register.

**Mount Carmel Healthy Living Center, Room 126**

**Tuesday, June 5<sup>th</sup>, 12:45 – 1:45pm**

### **C.H.E.F.S. — Cheap, Healthy, Easy and Fast Cooking Class**

C.H.E.F.S. classes will focus on preparing cheap, healthy, and easy to make recipes for salads, sides, snacks, soups, suppers, and sweets. This fun, interactive class is a combination of demonstration and hands-on cooking. Tastings will be provided.

Contact 614-234-4660 to register. Space is limited.

**Mount Carmel Healthy Living Center, Room 126**

**Tuesday, June 12<sup>th</sup>, 10:00 – 11:30 am**

### **Cooking Matters Cooking Class for Families**

This six-week hands-on cooking class is facilitated by Local Matters and offers the opportunity for individuals on a limited budget to learn how to shop for and prepare delicious and nutritious food on a budget. This class is for adults with children ages 6 and up.

Registration is required. Space is limited. Call 614-234-4660 to register. Must attend all six sessions.

**Mount Carmel Healthy Living Center, Room 126**

**Wednesdays, June 13<sup>th</sup> – July 25<sup>th</sup> (Skips July 4<sup>th</sup>)**

### **Zumba**

Join us for an exciting low impact exercise class where you will gain core strength and confidence. Wear comfortable clothing and tennis shoes. All levels welcome. Registration recommended. Drop-ins welcome. Call 614-234-4660 to register. Instructor: Chris Tovar

**Mount Carmel West College of Nursing Gym**

**Tuesdays, June 19<sup>th</sup> – July 24<sup>th</sup>, 5:00pm – 6:00pm**

### **Laugh Your Way to Health and Wellness**

Participants will explore the question “why laugh?” to better understand the multiple benefits of laughter: physical, mental and social benefits. Learn to incorporate more humor and play into daily life through laughter! Instructor: Betsey Cowardin, LISW-S.

Call 614-234-LIFE (5433) to register.

**Mount Carmel Healthy Living Center, Room 126**

**Monday, May 14<sup>th</sup>, 4:00 — 5:30pm**

### **Breath Awareness for Concentration and Relaxation**

Mindfulness is a scientifically proven way to become more present and resilient. Find out what makes breath awareness such a popular introductory mindfulness exercise, its potential drawbacks and how to get around them. Instructor: Daron Larson, BSW, MLIS.

Call 614-234-LIFE (5433) to register. Sign up to attend one or both classes.

**Mount Carmel Healthy Living Center, Room 126**

**Mondays, June 18<sup>th</sup> and June 25<sup>th</sup> 4:00 — 5:30pm**